IN THE SPECIFICATION:

Please replace the last paragraph on page 3 (continuing to page 4) with the following amended paragraph:

Replacement paragraph with markings to show changes:

While it is a practical impossibility to accomplish a "perfect" golf swing each and every time a golfer swings the club to impact the ball, several professional golfers seem to accomplish a near "perfect" swing on a reasonably consistent basis. In attempts to bring some semblance of a near "perfect" swing to at least non-professional golfers, techniques have been developed to train the swinging muscles of a golfer, with a goal of developing muscle memory to provide a more consistent and efficient golf swing. Even so, there remains a need for a device and methods, which will better enable the golfer, or ~~any one~~ anyone swinging an implement, to swing the club or other implement along an ideal path.

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Please replace the first full paragraph on page 4 with the following amended paragraph:

Replacement paragraph with markings to show changes:

The above and other needs are met by a muscle trainer and methods which contemplate that when an individual swings an implement along a path, a first muscle or muscle group[,] exerts a pulling force on the swinging implement in a first direction generally laterally of the ideal path. At the same time, a second muscle or muscle group[,] exerts a pulling force on the swinging implement in a second direction generally laterally of the ideal path and generally in a direction which is opposite to the first direction. If the first and second muscles, or muscle groups, are of equal strength, the opposing pulling forces exerted upon the implement tend to maintain the implement in an ideal path to achieve the end result in an efficient and desirable manner.

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Please replace the third full paragraph on page 9 with the following amended paragraph:

Replacement paragraph with markings to show changes:

In yet another aspect, the invention provides a method of exercising two groups of human-anatomy muscles, where the two groups of muscles typically cooperate to perform a prescribed task. The method comprises the steps of exercising, at a prescribed level, one of the two groups of muscles, and simultaneously with the exercising of one ~~another~~ of the two groups of muscles, exercising ~~the~~another of the two groups of muscles at a level greater than the prescribed level. In various alternative embodiments of the invention, the prescribed task is swinging a golf club, swinging a tennis racket or other similar type of racket, or swinging a baseball bat.

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Please replace the first paragraph on page 17 with the following amended paragraph:

Replacement paragraph with markings to show changes:

Thus, in order for any golfer suffering from the muscle domination deficiencies described above who wishes to improve their ability to play the game of golf, an exercise program to balance the four muscle groups is an absolute necessity. Given that a golfer wishes to embark on such an exercise program, the key is to be able to address the specific needs of the muscles of the four groups in such a way that the strength balance[,] and consistent muscle memory patterns[,] between the four muscle groups are attainable.

Replacement paragraph without markings:

Thus, in order for any golfer suffering from the muscle domination deficiencies described above who wishes to improve their ability to play the game of golf, an exercise program to balance the four muscle groups is an absolute necessity. Given that a golfer wishes to embark on such an exercise program, the key is to be able to address the specific needs of the muscles of the four groups in such a way that the strength balance, and consistent muscle memory patterns, between the four muscle groups are attainable.

Please replace the first full paragraph on page 31 with the following amended paragraph:

Replacement paragraph with markings to show changes:

As further shown in dashed line in Fig. 19, the motor and fan blade assembly 204 includes a connection member 206 formed with a band 208, which is attached to a proximal end of the shaft section 118. An arm 210 extends integrally from the band 208, and a coupling pad 212 is formed integrally with the arm. The coupling pad 212 is formed with a hole 214 there through which is positionable selectively over either of the pair of threaded studs 196, as shown in Fig. 21, which extend from the pair of rings 194 mounted spatially on the shaft 190 of the driver 188. As shown in Fig. 21, a short wiring assembly 216 is connected at one thereof to the motor 126, and at an opposite end thereof to a connector 218, which is designed to be connectible to either ~~of the pair~~ of the pair of connectors 202.

Replacement paragraph without markings:

As further shown in dashed line in Fig. 19, the motor and fan blade assembly 204 includes a connection member 206 formed with a band 208, which is attached to a proximal end of the shaft section 118. An arm 210 extends integrally from the band 208, and a coupling pad 212 is formed integrally with the arm. The coupling pad 212 is formed with a hole 214 there through which is positionable selectively over either of the pair of threaded studs 196, as shown in Fig. 21, which extend from the pair of rings 194 mounted spatially on the shaft 190 of the driver 188. As shown in Fig. 21, a short wiring assembly 216 is connected at one thereof to the motor 126, and at an opposite end thereof to a connector 218, which is designed to be connectible to either of the pair of connectors 202.